



Why learn computer skills?

In our global society, family members may live far away and rely on e-mail to share information. E-mail and Internet use is an every-day occurrence and the preferred communication tool for younger people and many businesses. Products, services and resources are available at your fingertips, if you know how to access the Internet and search the Web. Learn computer skills to stay connected.

Most Seattle employers expect job applicants to have word processing, e-mail and Internet skills. Mature jobseekers lacking those skills are at a serious disadvantage. Many people return to the world of work to find that office technology has changed dramatically. Learn computer skills to feel confident in the workplace.

Even in their eighties and nineties, Seniors Training Seniors students can learn personal and work-related computer skills. For many, the ability to stay connected and feel confident using a computer has changed their lives.

Information

To register for computer classes or volunteer to teach computer skills, call **(206) 684-0639** or e-mail seniors@seattle.gov.

Mayor's Office for Senior Citizens

810 - 3rd Avenue, Suite 350
(The Central Building)
Seattle, WA 98104

Monday–Friday
8:00 a.m.–5:00 p.m.

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seniors@seattle.gov

www.seattle.gov/seniors

The Mayor's Office for Senior Citizens, administered by the Seattle Human Services Department, complies with all applicable federal, state, and local laws prohibiting discrimination.

Accommodations for persons with disabilities will be provided upon request.



City of Seattle
Mike McGinn, Mayor

Human Services Department
Aging & Disability Services
Mayor's Office for Senior Citizens

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Seniors Training Seniors Computer Classes



City of Seattle
Mayor's Office for Senior Citizens
Mike McGinn, Mayor

Seniors Training Seniors

Learn valuable computer skills and stay connected

Seniors Training Seniors offers computer classes for adults age 50 and better, taught by computer-savvy older volunteers. Peer trainers share their expertise and enthusiasm at a comfortable pace. Ample time and small class size allow seniors to learn in a safe and relaxed atmosphere, without intimidation.

Seniors Training Seniors participants can learn everything from beginning word processing and Internet skills, to e-mail and e-mail attachments, to advanced photo editing. These skills have inspired many to connect with family members and friends across the country and around the world, and to seek encore careers (paid or unpaid).

Use of volunteer instructors keeps program costs low. Fees are modest and classes are available at a variety of sites throughout the city.

The National Area Agencies on Aging recognized Seniors Training Seniors with a 2007 Aging Achievement Award for improving the lives of older adults.



Instructors and assistants

Computer-savvy persons age 50+ are encouraged to apply for volunteer instructor positions. Youth and younger adults are welcome to apply to serve as volunteer assistants.

The Seniors Training Seniors coordinator recruits and trains new instructors, observes their initial classes, evaluates their effectiveness, and consults with them regularly for feedback on curriculum.



Getting started

The Seniors Training Seniors program coordinator interviews new clients, and may schedule a hands-on skills assessment, to determine proper class placement. This ensures that the best possible use of time, for students and teachers, and the highest-quality instruction.

For more information about Seniors Training Seniors computer classes, call (206) 684-0639 or e-mail seniors@seattle.gov.

Computer skills for jobseekers

Seniors Training Seniors collaborates with the City of Seattle's Age 55+ Employment Resource Center (another Mayor's Office for Senior Citizens program) to provide mature jobseekers with job search and workplace computer skills, including Word and Excel. To register for Age 55+ employment services, call (206) 684-0500, e-mail seniors@seattle.gov, or visit www.seattle.gov/seniors.

